From:

Sent:

Ţo: Subject:

> Friday, November 19, 2021 11:46 AM Monadnock Farm and Community Coalition < coordinator + mfccoalition.org@ccsend.com >

Holiday Newsletter: Thanksgiving Farm Fare, Build Back Better Bill's effect on NH farms recording, storytelling event on NHPR



Building a Robust, Sustainable, and Equitable Local Food System

Newsletter I November & December I 2021



Thank you, farmers!

whom seem to love his vegetables and stories! starts to work every day to grow, harvest, and get America to start an organic farm on a sloping food onto the plates of his CSA members - all of pasture in Mason, NH. Every early March, he kind. Several years ago, Gene left corporate Gene Jonas of Hungry Bear Farm is one of a

the field and advocating for policy supportive of NH farms at 2021 NH Agricultural Policy forum". Thank you, Gene, for all your hard work in agricultural policy advocate. He is an active member of the NOFA-NH policy team. I drive further just to get my share and it's worth it." Gene is also an avid Read his comment below from our recent "NH Rep. Annie Kuster keynote address One happy customer remarked, "his vegetables are unlike any other CSA I've tried

Local Food for Thanksgiving and the Holidays:

starts tonight! Shop for your holiday feast and gift list from a variety of local farm, food and artisan vendors. Don't miss out on Stonewall Farm's Farm Fare, November 19 & 20, 2021 -

and the holiday season is the perfect time to take a break, get together with family and friends, and express gratitude for the abundance of love, a life well-lived, and Many farmers offer freshly processed turkey, pork, lamb and beef. Thanksgiving fresh, local food to share together.

open, offering a wide variety of food products. websites for days/times. Scroll down (Farm Stands) to see which ones will be Many farm stands stay open throughout the year - always check their

SNAP/EBT Double your Purchasing Power or get 50% off Fruits and Veggies

- If you receive SNAP benefits, you can DOUBLE your fruit and vegetable purchases at farm stands, farmers' markets, and grocery stores! Find out
- Want to know if you're eligible for SNAP? SENIORS did you know you might be eligible for SNAP/EBT too? Find out now
- Need help feeding yourself or your family? Find out where to go to get charitable food.
- Get 50% off fruit and veggie purchases thanks to the **Double Up Food Bucks program** at the Monadnock Food Coop (for SNAP/EBT participants)
- Don't feel comfortable cooking fresh food? Free, virtual cooking classes available! Find out more.

Spotlights of the Month:

Agricultural Policy forum this week. Watch it now. Build Back Better bill's effect on NH farms and food production at our 2021 NH Recording of the Month: Congresswoman Annie Kuster's keynote addresses the

Agricultural Committee with funding numbers Reading of the Month: Build Back Better Bill's fact sheet from US House

climate change, and biodiversity loss-are factored in, the bill grows. Accounting country, we spend a total of \$1.1 trillion a year on food. But when the impacts of approach to examining all the externalities, both negative and positive, of the Forum): "Much of the policy we currently have in this country is based on the times the current expenditure on food." for these costs, the true cost of food is at least \$3.2 trillion a year, more than three the food system on different parts of our society—including rising health care costs, industrial ag food system and from which the majority of our food is grown. mindset of "yield per acre". Using true cost accounting, we can take a holistic Quote of the month: (Gene Jonas, Hungry Bear Farm; 2021 NH Ag Policy issues, GHG (Greenhouse Gas Emissions) emissions and biodiversity loss. As a Negative externalities include pollution and pesticides which leads to public health

"Stories From the Field: Celebrating our Local Food System in Words" event. Farm Puddings, and Chef Jordan Scott, Machina Kitchen and ArtBar Roots Permaculture; Holly Gowdy, Brookfield Organic Farm, Beth Hodge, Echo Thursday, 11/25, 3pm - 4pm. Featured storytellers: Marty Castriotta, Village Tune In: NHPR's "Your Soundtrack for a Day of Gratitude" featuring our

Emerson Drive, Gilsum, right off Rte 10 Hike The Sustainability Project's Emerson Brook Forest Outdoor Center, 57

2021, 10am - 2pm, Walpole Common Thanksgiving Farmers Market, local food and crafts, Saturday, November, 20,

Available jobs within the NH Food System can be found here.

Farmers Markets



Chesterfield Farmers Market, Call Beni for bread! 603-363-2722

Farmers Market of Keene, Closed Milford Farmers Market, Sat: 10am - 1pm 16 vendors, Town Hall Open; Peterborough Comm Center, Open Rindge Farmers & Crafters, Closed; TEAM Jaffrey Community Farmers Market, Closed; Wilton Farmers Market, Closed; Wilton Farmers Market, Closed; Winchester Farmers Market (Accepts SNAP), Sat: 9am - 1pm (Town Hall) Open

Farm Stands

Archway Farm open year round 183 Arch St., Keene Pork products, beef, lamb, milk, condiments, Beni's Bread, Faber Family syrup, Terra Nova Coffee & more!

Cheshire Gardens (thru December)
277 Burt Hill Rd., Winchester



Flowers, herbs, vegetables, blackberries, pies, small cakes, fruit preserves and fruity pops!

Coll's Farm - open year round
63 North St., Jaffrey
Organic and conventional produce,
garden center, florist.

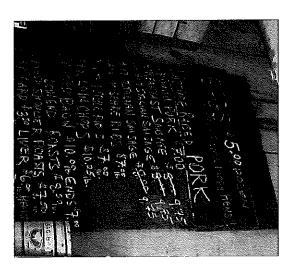
Green Wagon Farm - closed during winter

Manning Hill Farm - open year round
79 Old Manning Hill Rd.,
Winchester, NH
Cow milk soaps & lotions by
Holland Homestead, Cheshire
Gardens preserves & mustards,
Echo Farm puddings, beef, lamb,
milk, syrup, honey & more!

Mayfair Farm - open year round 31 Clymers Dr., Harrisville Online ordering and pick up only! Farm stand is not open to public. Fresh prepared gourmet foods (the best quiche ever!) lamb, pork products, soups, cocktails, flowers, greens, groceries & more

<u>Partners Garden</u> - closed during winter

Stonewall Farm - open year round





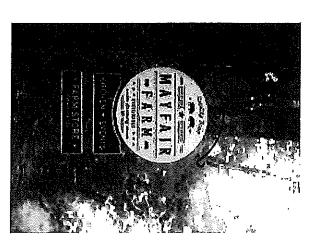
242 Chesterfield Rd., Keene Frozen, prepared meals, Frisky Cow Gelato, yogurt, milk, a variety of gourmet food & more. Featuring heat & serve Indian Food from Shree's Kitchen on Friday nights!

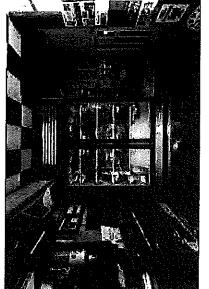
Tippin Rock Farm - closed during winter

<u>Tracie's Community Farm</u> - closed

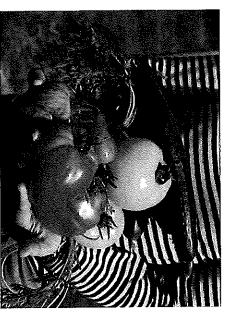
New! Walpole Valley Farms open year round, Sat & Sun., 10am
- 4pm, pick up or ship! Give the gift
of pastured raised meats!
Pastured raised meats: chicken,
pork, beef - ch wings; ham; garlic &
sun dried tomato sausage,
porterhouse steak & more.

Whitakers Homestead & Greenhouse
236 Forest Rd., Alstead
Closed





CSA sign ups



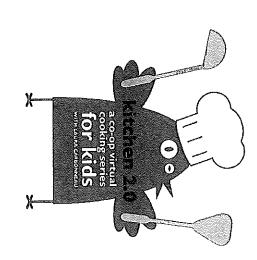
FALL CSA'S winding down; check back for Spring CSA sign ups. Abenaki Springs Cornucopia Project Fall CSA & Thanksgiving Box sign up, Foggy Hill Farm, Hillside Springs CSA, Holland Farm, Hungry Bear Farm, Picadilly Farm, Stonewall Farm, Sun Moon Farm, Tracie's Community Farm Village Roots Pastured Meat & Greens,

Monthly Updates

For Children/Teens

Kitchen 2.0: A Virtual Cooking Series for Kids! Mon., December 20, 4:30pm - 5:30pm. Register today!

Friday Community Night at Stonewall Farm! Thru December. Vendors, music, food.



For Individuals:

Along! Nov., 21, 2021, 5:30pm - 6:30pm
Do you want to get a head start on your Thanksgiving food prep? Join Functional Nutritional Therapy Practitioner Lili Hanft for this virtual cooking class and make three delicious, seasonal dishes: pumpkin pie, apple crumble, and cranberry-orange sauce. All recipes are made with nutrient-dense ingredients and are free of gluten,

dairy, and refined sugar. Free!

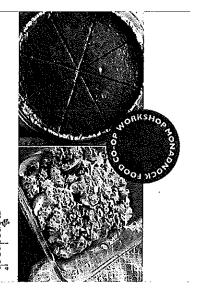
RSVP

students, parents, educators, and activities teaches healthy eating submitted the Local Food for sponsorship of over 10 New **SCHOOL MOVEMENT IN YOUR** Learn more. the community. Hampshire legislature. program as a bill to the New Hampshire state legislators, has to School Network, with the CHILD'S SCHOOL! The NH Farm BE A PART OF THE FARM TO increases engagement from habits, improves food security, and Local Schools Reimbursement Implementing farm to school

School Network - private FB group

Watch the MF2S Network's teaching module: "Nuts & Bolts of Farm to School in the Classroom: Gardening, Cooking, & Field Trips".

For Farmers & Producers:



ménadnock
Fool cook
Thanksgiving Themed Cook Along
Sunday, Nov 21, 5:30 - 6:30mm

SUNDAY, NOV 2 | , 5:30 = 6:30pm with Functional Nutritional Therapy Practitioner Lift Hanft Registration required for this FREE virtual workshop—monadinackfood.copyleren



defined in law as, "fruits and speciality crop producers in New course (waived fee of \$600!) for for Entrepreneurship, and National District, the Hannah Grimes Center for NH Specialty Crop Producers Free Business Planning Course stipend to implement their including floriculture". and horticulture and nursery crops, vegetables, tree nuts, dried fruits free 7-week-long business planning Cheshire County Conservation November 30th, 2021. The Apply October 1st through Participants will receive a \$2,000 Hampshire. Specialty crops are (NCAT) are partnering to host a Center for Appropriate Technology More information and apply here. business plan

Haradrock Carm to School Network Taste Testing Cooking and

SAVE THE DATE: NH Farm & Register here Expo, February 4 & 5, 2022.

biodiversity on your property?

2022. Open to Cheshire County Submit your proposal by Feb 1,

More information & apply. residents with less than 25 acres Fund - Are you interested in

2022 Conservation Opportunity

making a meaningful, long-term

impact on wildlife habitat and

Apply for the 2022 Monadnock Farm Fund. Interested farmers are invited to attend one of two sessions: Thurs., 12/9/21 at 12pm on zoom, or Tues., 1/4/22 at 5pm on zoom. Deadline: Feb. 1st, 2022

Monadnock Table Magazine will write a feature story on your farm for FREE! Story will be featured in one of their upcoming editions.

Email Marcia Passos-Duffy now!

Please help us, help YOU market your farms!

<u>Fund</u> — do you need technical assistance to support farm business viability and succession? Financial assistance to offset costs associated with farmland conservation projects? Apply today!

Want to find farm land to lease or purchase? Need to retire from farming and could use help? Have land you want to make available for farming? Contact Land For Good.

cheshireconservation.org/businessplanning Specialty Crop Producers **Business Planning Course for NH** Applications due November 30th! Receive a \$2,000 supend to implement Creare a business plan Receive peer support from other speciality Enhance the compentiveness of your Receive technical assistance Free 7-week course! (Waived fee of \$600!) crop producers; your plan! at Hannah Grimes Center in Keene Course meets every Thursday from January 12th-February 23rd, 2022 4:00-7:00pm

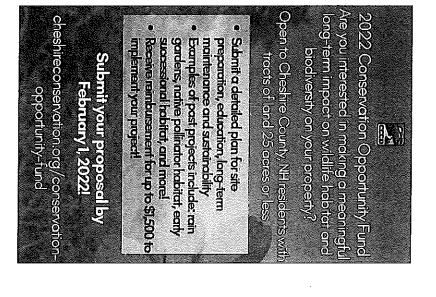
For Teachers:

Watch The Monadnock Farm to School Network Farm to School (FTS) module: "Nuts & Bolts of Farm to School: Gardening, Cooking, and Farm Field Trips."

Join the Monadnock Farm to School Network Facebook Group

food into cafeterias, classrooms, and communities. The NH Farm to School Network, with the sponsorship of over 10 New Hampshire state legislators, has submitted the Local Food for Local Schools Reimbursement program as a bill to the New Hampshire legislature. Check out toolkit full of messaging samples, and information!

available. The Richard B. Russell National School Lunch Act (NSLA) establishes a Farm to School Program in order to assist eligible entities, through grants and technical assistance, in implementing farm to school programs that improve access to local foods in USDA Food and Nutrition (FNS) Child Nutrition Programs, including the National School Lunch Program (NSLP),



School Breakfast Program (SBP), Child and Adult Care Food Program (CACFP), and Summer Food Service Program (SFSP). Each year \$5 million is provided to the USDA to support grants, technical assistance, and other activities related to USDA's Farm to School Program.

American Indian, "Native American Perspectives on Thanksgiving" is an educational guide for grades 4-8.

The Indigenous New Hampshire Collaborative Collective resource guide offers a number of educational resources on the various topics that make up indigenous culture and history in New Hampshire.

Teaching on N'dakinna

(Thanksgiving) A guide for New Hampshire educators offering an easy, centralized place for guidance to introduce Indigenous content and pedagogy into the classroom.

Youth Garden Grant from Kids
Gardening Since 1982, the Youth
Garden Grant has supported school

NH FARM FUTURE FUND NHFFF provides funding for farm viability planning in concert with the conservation of important agricultural soils. The goal of NHFFF is to ensure that farmland is conserved, productive, and available for future generations. Funding is available for NH Land Trusts with farmland conservation projects. NHFFF funds: • Financial assistance to offset costs associated with farmland conservation projects. • Technical assistance to support farm business viability and succession planning APPLICATIONS DUE FEBRUARY 15, 2022

for MORE INFORMATION:
cheshireconservation.org
/nhfarmfuturefund



Monadnock Farm to School Network © Public group - 28 mambers

and youth educational garden projects that enhance the quality of life for students and their communities. Due Dec 17th!

Getting Local on All Plates!

The Monadnock Region Food
Access Analysis (MRFAA) report
is published. The MRFAA is a
comprehensive gaps and assets
analysis in children's and families'
food security programs and the
state of hunger in the Monadnock
Region. Download report here.
View Report's "Story Maps" of
hunger, visit our website.

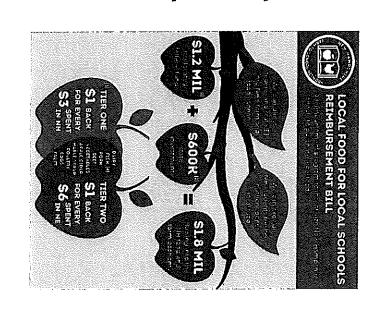
Granite State Market Match (GSMM) helps SNAP customers DOUBLE vegetable and fruit purchases! Shop with your SNAP/EBT at the

Shop with your SNAP/EBT at the following locations to double your dollars!

Learn more about GSMM

Charitable Food

Newest information on locations and delivery times for **charitable food** can be found at: Food &

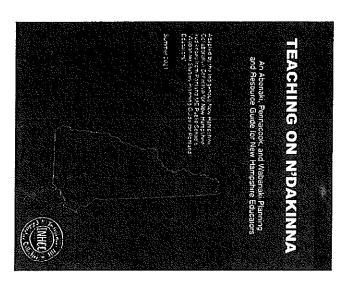


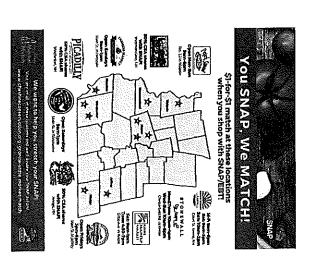
Gardens for a Resilient Monadnock website.

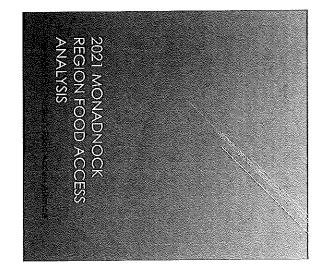
FOOD & GARDENS FOR A RESILIENT MONADNOCK











How do we build a viable food system assuring food security for future generations?

By bringing our members together regularly in work groups and quarterly forums.

2022 Forums

Monadnock Farm to School Network - Spring 2022

2022 NH Agricultural Policy forum - November 2022

Monadnock Earth Day Film Festival - April 2022



Monadnock Region Food Access forum - Increasing access to local food for all Monadnock residents - TBA

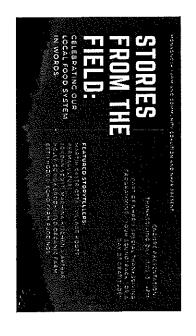
Events

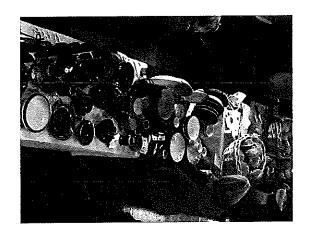
NHPR's "Your Soundtrack for a Day of Gratitude" featuring our

"Stories From the Field:
Celebrating our Local Food
System in Words" event.
Thursday, 11/25, 3pm - 4pm.
Featured storytellers: Marty
Castriotta, Village Roots
Permaculture; Holly Gowdy,
Brookfield Organic Farm, Beth
Hodge, Echo Farm Puddings, and
Chef Jordan Scott, Machina
Kitchen and ArtBar.

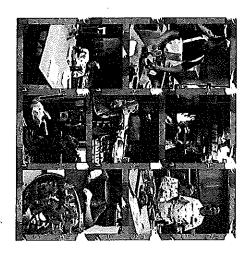
Stonewall Farm's (SWF)
Farm Fare STARTS TONIGHT!
November 19 & 20, 2021
SWF's annual tradition of kicking of the holiday season with the region's original locavore event, Farm Fare!

Shop for your holiday feast and gift list from a variety of local farm, food and artisan vendors. Friday Night we will be serving holiday cocktails and one of our sponsors, The Peak Radio, will be broadcasting live and giving away prizes. Saturday will include live craft demonstrations with Mill Hollow Works and cooking demonstrations with Dawn Hunt, frequently featured on WMUR Cook's Corner. CC&D's Kitchen will be selling read to eat food and coffee for the duration of the 2-day





event. Vendors (R): Vera Flora Farm, Main Street Cheese, Raffi's Bees, CC& D's Kitchen and more!



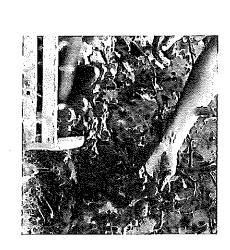
Communications

MFCC's Food & Gardens for a Resilient Monadnock website

FOOD & GARDENS FOR A RESILIENT MONADNOCK

Do you need help to know how to put your garden to sleep? Our new website, provides EVERYTHING you might need to know!

- Get the Stuff you need to plant a garden — Seeds, raised bed kits, community garden plots, discounts on garden supplies, tools & more!
- Learn the Things Links to UNH Extension Master



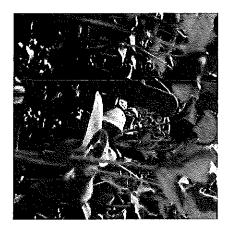
Gardeners, Soil Testing,
Planning a Family Garden,
Companion Planting, Guides
to Building Raised Beds,
Indoor Gardening,
Composting & more!

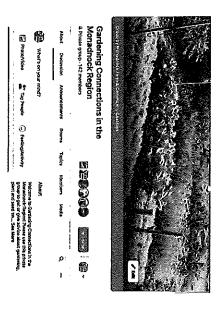
- Educational Resources online gardening networks
 around the region & state,
 recommended books, blogs,
 local experts & more!
- Other -- Care & Maintenance, Storing & Preserving, Putting Garden to Bed & more!

Join our private Facebook group,

"Gardening Connections in the

Monadnock Region" – members
connect with local experts and each
other about lessons learned, ideas,
tools, & more!





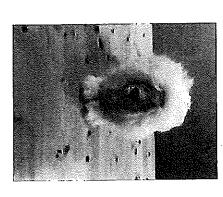
Did you know if everyone spent \$5 a week on local food, we would add \$338 million to New Hampshire's economy? Join the \$5/wk movement!

local! Other GREAT PLACES to buy

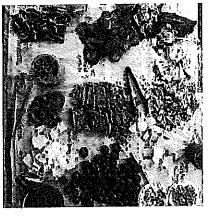
CC&D'S Kitchen

catering & more! Sandwiches, soups, desserts, VOTED BEST BBQ IN AREA! 79 North Street, Keene Thursday - Full BBQ menu Tues - Thurs 11am - 6pm

Crescendo Acres 21 Carpenter Rd., Surry, NH St./Maple roundabout 5.9 mi north on 12A from Court



Hannah Grimes Marketplace 42 Main Street, Keene





Over 250 local artisans! Gift baskets, gourmet food, glassware, ornaments, skin products, syrup, honey, cheese, crafts, toys, puzzles, & more!



The Local Crowd Monadnock

Local products online! Gift certificates for massage & yoga, original paintings, candles, ornaments, fiber arts, toys, & more!

Featured photo: Harrisville Design Felted Farm Animal Kit!



PLEASE SUPPORT YOUR MONADNOCK LOCAL FOOD SYSTEM ASSURING FOOD SECURITY FOR FUTURE GENERATIONS!

Support the Coalition!

The Monadnock Farm and Community Coalition is a coalition of 140+ member organizations and individual members who come together regularly to build a Southwestern NH. robust, sustainable, and equitable local food system in the Monadnock Region of

Monadnock Farm & Community Coalition | 802.275.4191



Monadnock Farm and Community Coalition | 11 Industrial Park Drive, Walpole, NH 03608 802.275.4191 www.mfcommunitycoalition.org

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